

Benalla P-12 College

Executive Principal - Tony Clark



A MESSAGE FROM OUR PRINCIPAL

COLLEGE VISION

BENALLA P-12 COLLEGE ENSURES THAT EVERY CHILD LEARNS AND IS PREPARED FOR THE FUTURE THROUGH A COMMITMENT TO EXCELLENCE IN TEACHING, HIGH EXPECTATIONS AND POSITIVE RELATIONSHIPS IN A SAFE AND INCLUSIVE ENVIRONMENT

Dear Parents, Carers and Friends of the Benalla P-12 College Community,

Firstly, my apologies for the lateness of this newsletter. As you are fully aware, this week has been an interesting one and very busy for all of us. I have been waiting for updated guidance from the Department of Education but as yet it hasn't arrived, so I will go ahead with this report knowing there will be more to come via Compass and Facebook later today.

Thankyou all for your patience, support and co-operation as we move into our second stint of flexible and remote learning. We know this is not ideal from an education perspective, however from a community health perspective we know that it is vital that we all do this to keep everyone safe. We also know that we can do this – we did it last term and survived and we can do it again this term. We have learned from last time and listened to parent feedback and hopefully made changes that will ensure more students are engaged in their learning. If you do have any feedback about our approach to this I am always open to speaking with parents about their experiences.

One of the key messages we gave last time was that we are not expecting parents to be teachers. You are all busy people trying to manage households and kids at home. The work we send home in packs or via Google Classroom should be in a format that students can access. It is great if you can help them if you can, but we don't expect you to be teaching the lessons.

You can support your child's learning by making sure they have a designated space to work in, preferably free from distractions. Given that many students are using laptops or iPads for their learning it is also good practice to have them working in an area where you can supervise them. Please also support your child by making sure they eat well, get plenty of sleep and exercise daily. This is good advice for all of us at the moment.

DATES TO REMEMBER

**Thursday
August 6**

Students return to flexible and remote learning. On site supervision will be available for Years F-6 at the Waller St Campus and 7-10 at the Faithfull Street Campus for children whose parents cannot work from home.

If you would like your child to attend.

Please call Mr Clark to discuss your application
0436 324 412

Our College Values

Respect

Responsibility

High Expectations

Integrity

Email: benalla.p12@education.vic.gov.au

Web: www.benallap12.vic.edu.au

Avon St
Yrs F-4
P: 035762 1646
Attendance
Hotline
035762 1646

Waller St
Yrs F-4
P: 035762 2600
Attendance
Hotline
035762 2600

Clarke St
Yrs 5-6 Hub
P: 035761 2752
Attendance
Hotline
035761 2747

Faithfull St
Yrs 7-12
P: 035761 2777
Attendance
Hotline
035761 2747

PRINCIPALS MESSAGE CONTINUED.....

Our Year 12 students have had it tough. This will be a year to remember for them as they navigate their final year of schooling with two bouts of online learning. The study designs have been modified, exams moved back and the GAT rescheduled twice (now in October). If you have a senior secondary student at home, please do everything you can to support them by making sure they have a space to work in and a good routine. Our Year 12 teachers are working hard and doing a great job in planning and delivering online lessons. Our students will get through this and will graduate.

Please remember that students can only attend on site if you have spoken to me and are unable to supervise them at home because you are working. Thankyou to those parents who have called me and followed the process. If you are in need of on-site supervision because of this please contact me.

Keep checking Compass and Facebook for updates, and stay safe.

Tony Clark
Executive Principal

BENALLA P-12 UNIFORM
SHOP
2020 OPEN DAYS
FAITHFULL STREET
CAMPUS

Future dates are to be
advised

Orders can also be placed over
the phone and delivered to your
campus.

Call Judds Yarrawonga on
5744 1269 for any further details

2021 PREP ENROLMENTS ARE NOW OPEN

Do you or a friend have a younger child due to start school next year? We are currently accepting enrolments for prospective 2021 prep students and their families. Please contact our Avon and Waller Street Campus to register your interest.

Avon Street-5762 1646
Waller Street -5762 2600



YOUNG AT ART

A couple of snaps of the work on display at the Avon Street Campus that you can't get to see at the moment.

Grade 3/4 created huge Oversized animals and the Prep/1/2's created some great weaving designs.

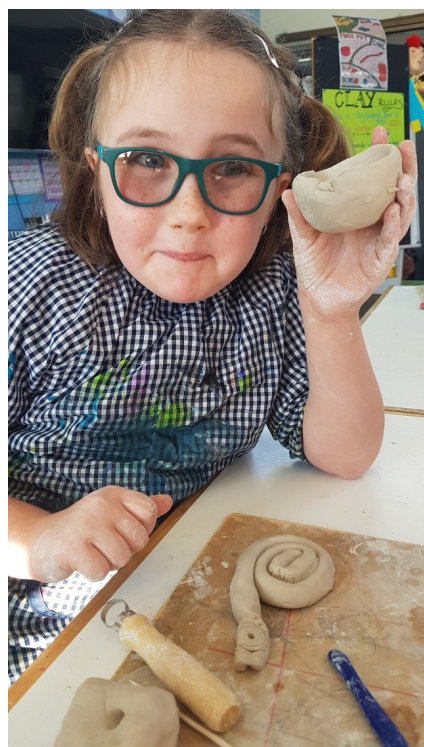
The Avon street students have been exploring Clay this term. They are manipulating it to make balls, coils and slabs and using fingers and tools to make lots of textures.

They dip 3 fingers into the water tubs to keep their clay elastic.

We have a Rhyme to help them remember how to make strong joins with a toothbrush!

"Scratch, scratch, scratch to make the slip.

Slide, slide, slid until it STICKS"



STUDENTS OF THE WEEK



Congratulations Scarlett, Bella, Jolene, Estelle and Aeryn for all being this weeks 'Students of the Week'



RED APRON AWARD WINNERS



Pictured above is this weeks Red Apron Award winners. Well done Taylah, Edward, Ben and Caidayne

Well done to our 100% attendance award winners pictured right were: Hayley and Sebastian

GOLDEN SHOVEL AWARDS



Our Golden Shovel award winners this week were: Harry and Levi.

ATTENDANCE CHAMPIONS





In numeracy we are working on graphing - blue is the most common eye colour in our class.

STUDENTS OF THE WEEK



The **Year 3/4 Students of the Week** were:
Paige, Nicolas and Tiffany

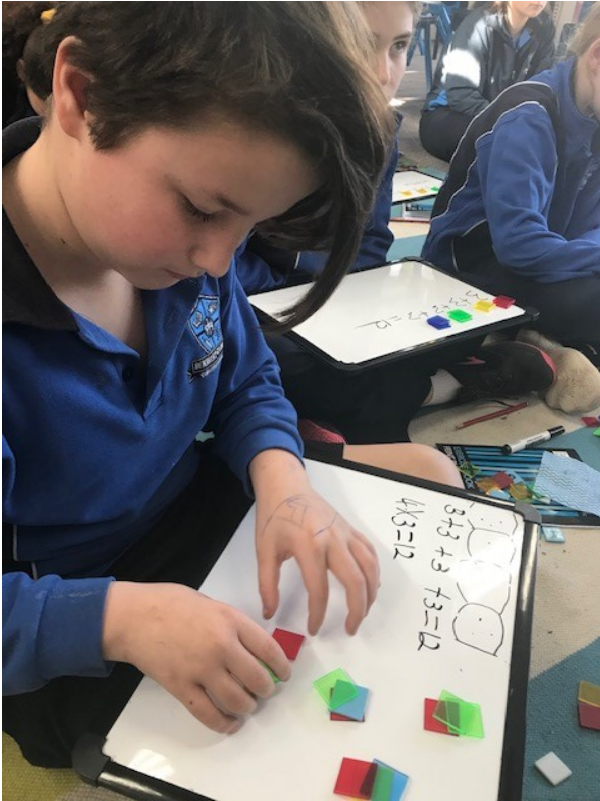
GOLDEN SHOVEL

The **Week 3 Golden Shovel** awards were presented to:
Back L-R: Lacey, Peyton, Marli and Maddex
Front L-R: Zane, Lucien, Torah and Ruby



5/6 MATHS

The 5/6 hub have recently started conducting math groups twice a week where students are mixed amongst their peers. Students are working on multiplicative thinking which develops their knowledge and automaticity with multiplication and problem solving. Students are enjoying this hands on approach to learning and working with other students.



ATTENDANCE CHAMPIONS

**Attendance Awards**

Brodie Pennington, Indy Stovell, Andrew Noyes, Robbie Cooper

Students of the Week pictured left:

Back- Holly Kerr, Kaylee Boer, Locky Kennedy
Front- Maddy Bodsworth, Leila Fischer, Kobie Triffitt

STUDENTS OF THE WEEK





Reminder: Aspire – Early Admissions Program to La Trobe

Year 12 students applying for La Trobe's **Aspire Program** are reminded that applications close on **31 August 2020**. A reminder that applicants are required to provide information about the length and frequency of their community service and/or volunteering experience, as well as a 400-word description of their involvement and impact.

Types of volunteering include – and can be from activities that you've done prior to 2020

community service or community group activities
 religious/cultural group activities
 participating in social justice groups or a school leadership role
 leadership in sport, the performing arts or charity fund-raising group activities

Early Conditional Offers will be released mid-September. Further details can be found at <https://www.latrobe.edu.au/study/aspire>

VTAC Year 10, Year 11 and Year 12 Guides 2020 – available online



These guides are designed to lead students through the course research and application processes, with the expectation that it will make it as straight forward as possible for students. So, Year 11 students will benefit by use it to plan, research, and make tentative decisions, whilst the Year 12 students will use it to plan, research, decide, and apply. The publications provide information on key dates, *how the application process works, useful tips on scholarships, VTAC personal statements*, and much more! Click on the links to access the guides.

Year 10 <https://www.vtac.edu.au/y10guide.html> Year 11 <https://www.vtac.edu.au/y11guide.html> Year 12 <https://www.vtac.edu.au/y12guide.html>

VICTORIAN CURRICULUM AND ASSESSMENT AUTHORITY



What is VET in the VCE?

VET stands for Vocational Education and Training, and vocation refers to work or employment. **VET in the VCE** programs are designed to give students an exposure to practical skills and an understanding of what it is like to 'learn through doing'. So, students can opt to do a VET subject while completing their VCE and, in most cases, the VET qualification contributes towards the VCE and the ATAR.

Visit <https://www.vcaa.vic.edu.au/curriculum/vet/Pages/index.aspx>



CASPer Entry Requirements for Teacher Qualifications

CASPer is an online test designed to assess an applicant's personal and professional attributes. **CASPer** is a requirement of applying to many initial teaching training courses in Victoria. Head to <https://takecasper.com/> to find out more.

Most universities offering undergraduate teaching courses will be requiring students sit the **CASPer** online test as part of the selection into teaching degrees in 2021. Students are encouraged to browse [VTAC](#) and learn which courses will require the **CASPer** for selection.



ATTEND TODAY
 ACHIEVE TOMORROW

INSTITUTION	DATE	TIME	CONTACT DETAILS
Australian Catholic University Melbourne Campus Virtual Tour Ballarat Campus Virtual Tour	Sat 29 August Sat 5 September Sat 12 September	9am -3pm 9am -3pm 9am – 3pm	1300 275 228 Email: opendayvic@acu.edu.au Register for any of the three Open Days at https://openday.acu.edu.au/AskACU – students can call, submit an online question, or start a chat
Australian National University Virtual Tour	Sat 22 – 28 August	Various times	https://www.anu.edu.au/events/anu-open-day
Bond University Virtual Tour	Sat 25 July	1pm – 5pm	1800 074 074 https://bond.edu.au/open-day
Collaris	Sat 29 August		https://www.collaris.edu.au/open-day
CQUniversity	Sat 1 August Sat 15 August	10am – 1pm	13 27 86 https://www.cqu.edu.au/courses/future-students/future-study-options/open-days
Charles Sturt University	6 - 17 Sept (select days)	Various times	https://study.csu.edu.au/life/events/open-day
Deakin University & Deakin College All Campuses	Sun 16 August	9am – 4pm	1800 334 733 https://www.deakin.edu.au/openday (03) 9244 5197 Deakin College
Federation University Virtual Tour	Sun 16 August		1800 333 864 https://federation.edu.au/openday
Griffiths University Nathan Campus Virtual Tour Gold Coast Campus Virtual Tour	Sun 9 August	9am – 2pm	1800 677 728 https://www.griffith.edu.au/open-day
Holmesglen Institute All Campuses Virtual Campus and Study Tours	6 August	Various times	1300 639 888 Online bookings are essential www.holmesglen.edu.au/opendays
La Trobe University & La Trobe College Melbourne Campus Virtual Tour Shepparton Campus Mildura Campus Albury-Wodonga Bendigo Campus Virtual Tour	Sun 2 August Sun 23 August Sun 23 August Sun 23 August Sun 23 August	10am–4pm 10am–3pm 10am- 3pm 10am- 3pm 10am – 3pm	1300 135 045 Register to participate at http://www.latrobe.edu.au/openday (03) 9479 2417 La Trobe College
Monash University & Monash College	Sat 29 August Sun 30 August Mon 31 August	10am – 2pm 10am – 2pm 4pm – 7pm	1800 666 274 www.monash.edu.au/openday (03) 9903 4788 Monash College
Photographic Studies College	Sun 2 August	tbc	(03) 9682 3191 or 1300 818 777 https://www.psc.edu.au/study-with-us/psc-virtual-open-day.html
RMIT Bundoora, City & Brunswick Campuses	Sat 8 & Sun 9 August	10am – 3pm	9925 2260 www.rmit.edu.au/openday
SAE Qanlm South Melbourne Campus	Sun 30 August	11am – 2pm	1800 723 338 https://sae.edu.au/news-and-events/events/melbourne-campus-open-day-16-august-2020/?date=2020-08-16&id=558
Swinburne University Hawthorn Campus Virtual Tour	From Wed 12 August	Various times	1300 SWINBURNE http://www.swinburne.edu.au/openday/
Torrens University	On demand	On demand	1300 575 803 https://www.torrens.edu.au/about/virtual-open-day
University of Melbourne Parkville and Southbank Virtual Tour	Sat 5 – Sun 6 Sept		1800 801 662 https://study.unimelb.edu.au/openday
University New South Wales (UNSW) Canberra Campus (ADFA) Virtual Tour Sydney Campus Virtual Tour	Sat 22 August Sat 5 September	9am 4pm 9am -4pm	1300 864 679 https://www.events.unsw.edu.au/event/adfa-open-day https://www.events.unsw.edu.au/event/unsw-open-day-0
University of Tasmania Virtual Presentation	28 – 30 August	10am – 5pm	https://www.utas.edu.au/open-day
Victoria University Footscray Park Campus Virtual Tour City Flinders Campus Virtual Tour City Queen Campus Virtual Tour	Sat 29 August	12pm – 6pm	1300 842 864 https://www.vu.edu.au/open-day-2020
William Angliss Institute of TAFE	Sat 1 & Sun 2 August	tbc	1300 264 5477 https://www.angliss.edu.au/study-with-us/meet-us/OpenDay/

QUICK & EASY CANTEEN ORDERING

(Years 5-12)

- No scraping up change for school lunches in the morning as the kids run out the door
- No waiting in line ([social distancing](#))
- No bringing cash to school ([cashless payment](#))
- No missing out on the Jam Donuts ([pre-order so you get what you want](#))

Download our new App to make pre-ordering from the Canteen quick and easy.

You can order up to 2 weeks in advance and have your child's hot lunch ready when the bell rings each day.

Just put in the order by 9.30am and forget about it.



Getting started

Step 1 Download Qkr!

On your Android phone or iPhone, iPad users can download the iPhone app

Step 2 Register

Select your Country of Residence as 'Australia' and follow the steps to register

Step 3 Find our School

Benalla P-12 College will appear in 'Nearby Locations' if you are within 10km of the school, or search for our school by name.

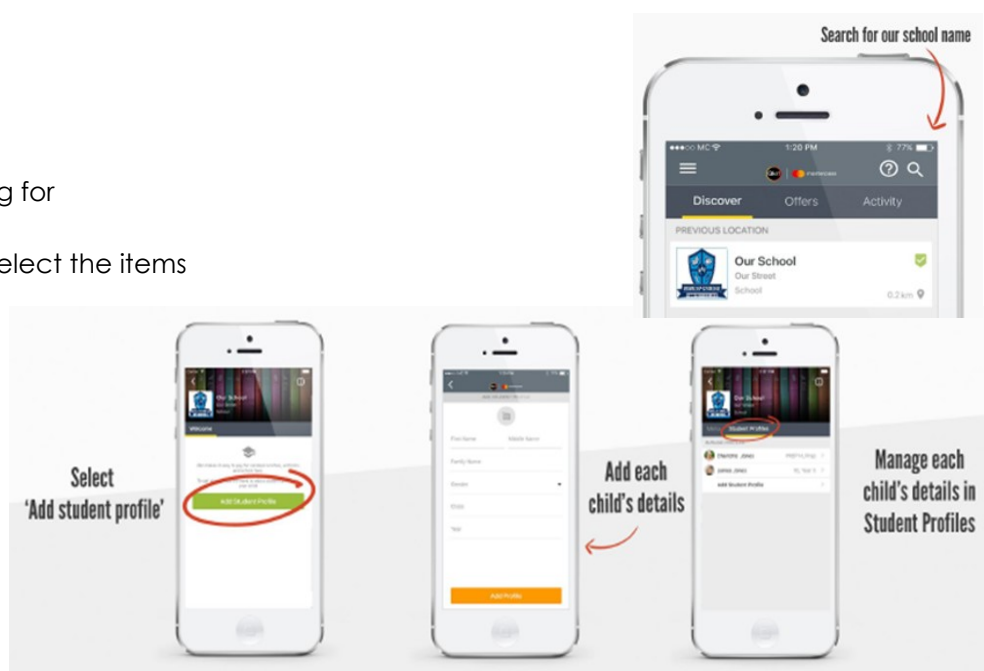
Step 4 Add your child's profile

When first accessing our school you will be prompted to add a student profile for your child. This allows you to make orders and payments for them

You're now ready to order

- Select Menu
- Choose the date for your order
- Choose the child you are ordering for
- Select Recess or Lunch
- Then scroll through the menu to select the items
- Add to cart
- Checkout and pay with the card of your choice (up to 5 cards can be loaded into the App).

It's that easy!!





Lesbian, Gay, Bisexual,
Trans and Gender Diverse, Intersex, Queer
/ Questioning, Asexual and All Others

A SAFE AND SUPPORTIVE GROUP FOR
ALL STUDENTS WHO IDENTIFY AND
THEIR FRIENDS

1.00PM START
IN THE BE YOU ROOM (D1)

bring your lunch!

16.07.2020 30.07.2020

13.08.2020 27.08.2020

10.09.2020









WANT TO KNOW MORE? CONTACT WELLBEING STAFF



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- | | |
|--|--|
|  laptops & tablets |  lessons & activities |
|  uniforms & shoes |  books & supplies |
|  sports fees & gear |  camps & excursions |

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, attend vocational education yourself, have regular income from paid employment (you or your partner)*, have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*




Contact
your local Saver Plus
Coordinator

Phone
1300 610 355

Email
WangarattaBenallaSP@
berrystreet.org.au

Online
saverplus.org.au

Find us on Facebook 



*Many types of income and Centrelink payments are eligible, please contact your local Coordinator for more information!

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



ONLINE -Tuning into Kids

A 5 week program via **ZOOM** for parents/carers of children 2-10 years of age that helps you tune into your children's emotions and manage their behaviour.

Learn about:

- "Emotion coaching" - helping children to understand and regulate their emotions.
- Responding to your children's individual needs in ways that suit the child and the family.
- Problem solving and managing strong feelings.
- Using children's emotional experiences as an opportunity for connection and teaching.



Online via
ZOOM

Time: 10am to 12pm



Wednesday
19th August to 16th
September 2020

What do I pay?

FREE



Bookings Essential

Email:

gerda.schaap
@gatewayhealth.org.au



Sleep tips for kids

WELLBEING

by Michael Grose

Regularity and routine are the agents of sleep. It takes discipline to adhere to and commitment to making sleep a high priority. Helping kids understand how their body clock works, assisting them to work out their optimal bedtime and putting lifestyle habits in place can help them get the sleep they need to maximise their learning, wellbeing, development and overall performance. Here are some tips to help:

Understand the body clock

Sleep is regulated by a 24-hour body clock that manages the secretion of melatonin to send us to sleep and cortisol to wake us up. This amazing body clock is reset every day when light first hits our retinas. Sleep in late and the clock goes out of synch. When your child works with the rhythms of their body's 24-hour clock they will give themselves the optimal chance for sleep success.

The sleep-wake cycle for teenagers is delayed by up to two hours. That is, they are sleepy later and awake later than when they were children. Melatonin, which makes them sleepy, is secreted as late as 11.00pm for some young people, which makes the time before bed-time a sleepless zone. Cortisol, the chemical that wakes them up is released at close to 8.00am for many teens. If this is the case, your young person's brain wants to be asleep when they need to be awake for school.

Stick to sleep recommendations

The Raising Children's Network recommends between 11-13 hours sleep per night for young children, 10-11 hours for primary school children and 8-10 hours for secondary school-aged kids. As every child is different, you may notice that your child needs more or less sleep than is recommended.

Develop good sleep hygiene habits

- Start a regular bedtime routine at least 45 minutes out from bedtime to help kids get ready for sleep.
 - Eat and exercise at the right time. Sleep likes a relaxed body and a calm nervous system, so schedule exercise and active movement before mealtimes.
 - Create a sleep sanctuary. Restrict bedrooms to sleep and relaxation quarters and find other places in the house for time out and reflection, school work and active play.
 - Keep bedrooms cave-like. A child's bedroom should be cave-like – that is, dark, cool and free from electronic devices. Darkness encourages melatonin, which regulates sleep-wake patterns.
- Get up at a regular time. For optimal sleep, bed and wake up times need to be as regular as possible.

Lifestyle habits that promote sleep

- Teach your child or young person to put away digital devices at least ninety minutes before bed-time
- Minimise weekend sleep-ins and limit them to an hour more than usual, to keep the sleep clock operating on a regular basis
- Encourage your child to go outside every day – take a walk, meet a mate (subject to COVID restrictions) or do an errand
- Keep homework out of bedrooms, or at least out of beds. The brain associates activity with location, so if kids work while on their beds, it will be hard for them to mentally switch off from their schoolwork when the light finally goes out. Confine caffeine to mornings. Consuming caffeine in any form close to bedtime is like throwing a wrecking ball through regular sleep patterns. The brain needs to calm down rather than be artificially stimulated if sleep is to occur. Sleep is a critical component of enhancing a child's wellbeing, learning, development and overall performance. Helping your child to get enough quality sleep will ensure that their brain and body are being used at full capacity.

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.



REMOTE LEARNING AT BENALLA P12 COLLEGE 2.0

A Guide to Online Learning



1 FOLLOW YOUR NORMAL TIMETABLE

- Your teachers will set work to be completed during each lesson a week.
- If you can't remember your timetable reach out to your coordinator.



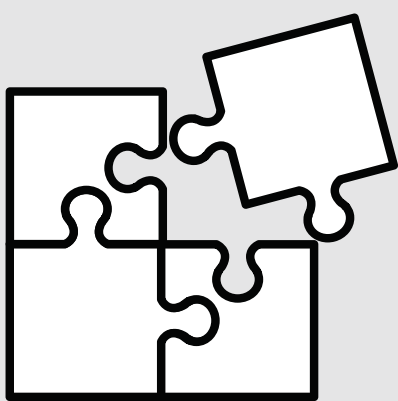
2 SIGN IN EACH DAY

- Students in VCE/VCAL must record attendance for each class every day.
- Students in Years 7-10 must record attendance in their period one class.
- Each subject teacher will keep track of you work completion to help you stay up to date.



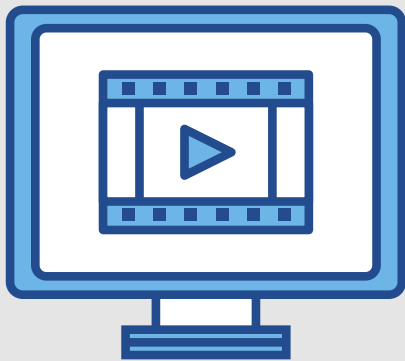
3 NEED HELP?

- Teachers will be available during your scheduled class time via email or Google Classroom.
- IT help can be accessed by emailing helpdesk@benallap12.vic.edu.au



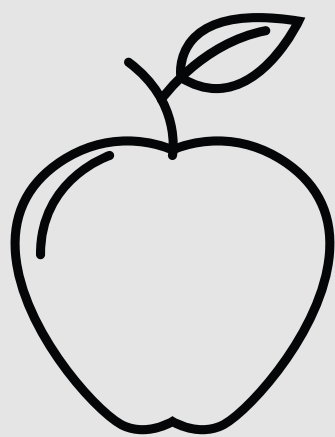
4 SUBMITTING WORK

- Submit your work by the due date set by your teacher. This may be the end of the lesson or later if it is a larger task.
- Upload work to Google Classroom so your teacher can mark it and give you feedback.



5 VIDEO LESSONS

- Once a week your teacher may ask you to attend a video lesson during your scheduled class time. They will be short and used to check in on your progress.
- If your teacher decides to run a live lesson they will send you the information on Google Classroom.



6 LOOK AFTER YOURSELF

- Get outside
- Eat Well
- Exercise
- Stick to a Routine
- Let your teachers/coordinator know if you are getting overwhelmed.